

Fuel 4 Women

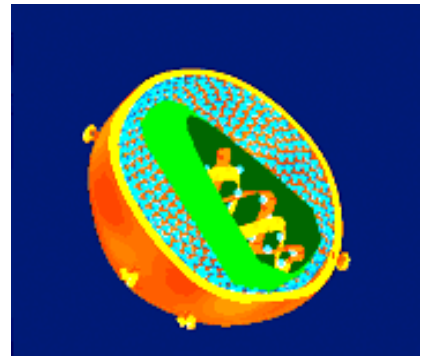


KSC/CCAFS HEALTH EDUCATION AND WELLNESS PROGRAM

Women and HIV/AIDS June 2006

What is HIV/AIDS?

The human immunodeficiency virus (HIV) causes AIDS, the acquired immunodeficiency syndrome. There are different types of HIV. Most people have HIV-1, but there are many strains (types); a person can become infected with more than one strain. HIV attacks the body's immune system (natural defense system against disease) by destroying one type of blood cells (CD4 cells) that helps the body fight off and destroy germs. CD4 cells belong to a group of blood cells called T-cells that also help the body fight disease. In the body, HIV gets into these cells, makes copies of itself, and kills the healthy cells. Then the body can't fight germs anymore. When HIV takes over enough CD4 cells or causes serious infections (that don't normally make a healthy person sick), a person then has AIDS. The progression from HIV to AIDS is different for everyone-some people live for 10 years or more with HIV without developing AIDS, and others get AIDS faster.



How HIV is spread:

HIV is spread through some of the body's fluids. HIV is in:

- blood
- semen
- vaginal fluids
- breast milk
- some body fluids sometimes handled by health care workers (fluids surrounding the brain and spinal cord, bone joints, and around an unborn baby)

HIV is passed from one person to another by:

- having sex (vaginal, anal, or oral) with a person who has HIV
- sharing needles with a drug user who has HIV
- during pregnancy, birth, or breastfeeding if a mother has HIV
- getting transfusions of blood with HIV, which is rare in the United States

HIV is NOT spread by:

- sitting on toilet seats
- hugging, handshakes, or closed-mouth kissing (there is a small chance of getting HIV from open-mouthed or "French" kissing if there's contact with blood)
- sharing food or drinks
- donating blood
- working with or being around someone with HIV
- using phones
- getting bug bites
- tears
- swimming in pools

HIV is affecting more women.

Each year, HIV infection rates are rising in women, especially in women of color. Women are contracting HIV mostly through sexual contact with men. The second most common way women are getting HIV is through injection drug use. Consider these statistics:

- African American and Hispanic American/Latina women make up less than one-fourth of all U.S. women, yet account for more than three-fourths (78%) of AIDS cases.
- HIV is the leading cause of death for African American women between the ages of 25 and 44.
- The rate of HIV infection is seven times higher in Hispanic American/Latina women than in White women.
- HIV is beginning to rise in American Indian and Alaska Native communities. New cases of AIDS are higher for American Indians and Alaska Natives than for Whites and Asian Americans/Pacific Islanders, but lower than African Americans and Hispanic Americans/Latinos.

HIV and Women Over 50

HIV is a health threat for women of all ages. However, the number of new HIV infections in women over age 50 is rising. These women are sexually active and at risk for HIV, just as other groups of women. But there are reasons, unique to women over 50, why they don't use condoms to protect themselves from HIV or other STDs.

- They may not realize that they need to protect themselves against HIV.
- They may not know the term, "sexually transmitted diseases" or STDs. They were taught about "venereal diseases" or VD.
- They may not know how to prevent HIV.
- They may think they don't have to use condoms because they don't worry about getting pregnant.
- They may be dating again after many years and don't know how to talk to their partners about using condoms.
- They may be reluctant to ask their partners to use condoms because there are fewer men available with whom to become intimate. Women are afraid that if they demand their partners wear condoms, the men will leave them.

Diagnosing AIDS

The Centers for Disease Control and Prevention (CDC) define AIDS as being infected with HIV and

- having less than 200 CD4 cells per cubic millimeter of blood (Healthy adults have CD4 and T cell counts of 1,000 or more).

OR

- having at least one of the health problems common in people with AIDS, some of which are called opportunistic infections (OIs) (like wasting syndrome [from HIV], recurrent pneumonia, or invasive cervical cancer). These are problems that usually don't make a healthy person sick. People who have AIDS can have severe OIs, which can be fatal because their bodies can't fight them off.

National HIV Testing Day-June 27

An estimated 300,000 people in the United States are HIV/AIDS positive and don't even know it.



The U.S. Department of Health and Human Services is pleased to support National HIV Testing Day on June 27. This annual observance is critical to the fight against HIV/AIDS because it presents an opportunity for people across this country to learn their HIV status and to gain the knowledge they need to take control of their health and their lives. It is also an invaluable opportunity to dispel the myths and dismantle the fear and stigma associated with HIV testing, and to reach those who have never been tested or who have engaged in high-risk behavior since their last test.

- Too many Americans with HIV are diagnosed late in the course of their infection, when they may not be able to fully benefit from life-prolonging treatments.
- HIV testing can reduce new infections when HIV-positive persons become aware of their status and take the necessary precautions to stop spreading the disease.
- HIV testing is easier, more accessible, and less invasive than ever.

Quick Facts

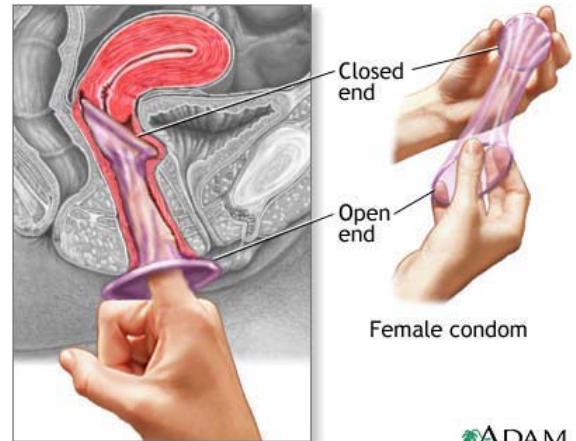
- Women contract HIV 7 times more than men during heterosexual sexual intercourse.
- Heterosexual contact was the source of 78% of the new HIV infections in women in 2004.
- According to a recent CDC study of more than 19,500 patients with HIV in 10 US cities, women were less likely than men to receive prescriptions for the most effective treatments for HIV infection.



How Effective Are Latex Condoms in Preventing HIV?

Latex condoms, when used consistently and correctly, are highly effective in preventing sexual transmission of HIV, the virus that causes AIDS. Research on the effectiveness of latex condoms in preventing transmission is both comprehensive and conclusive. The ability of latex condoms to prevent transmission has been scientifically established in laboratory studies as well as in epidemiologic studies of uninfected persons at very high risk of infection because they were involved in sexual relationships with HIV-infected partners.

The most recent meta-analysis of epidemiologic studies of condom effectiveness was published by Weller and Davis in 2004. This analysis refines and updates their previous report published in 1999. The analysis demonstrates that the consistent use of latex condoms provides a high degree of protection against transmission of HIV.



ADAM.

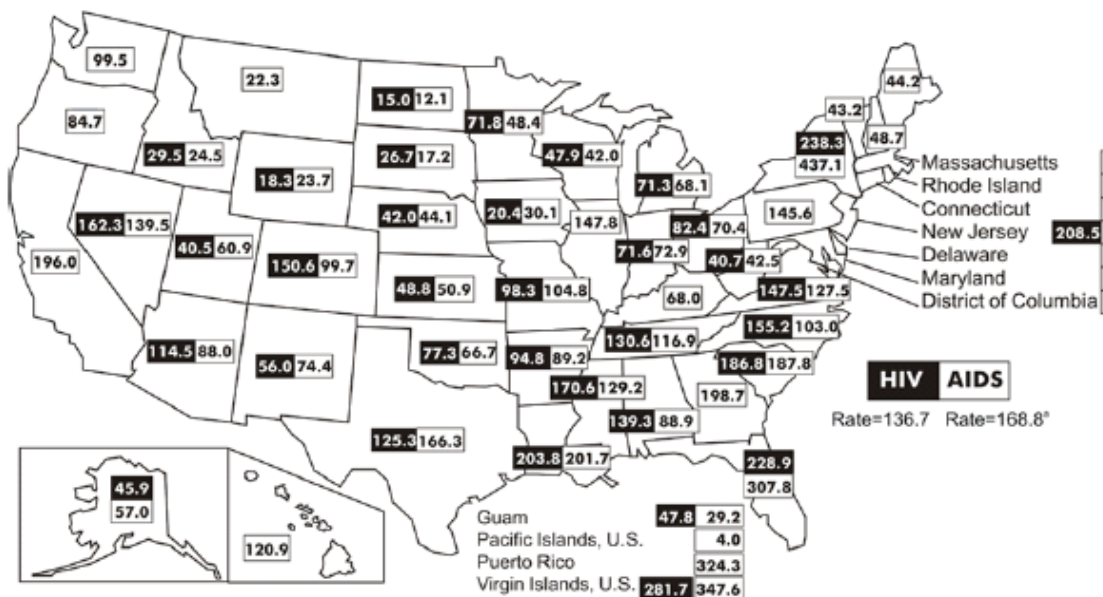
It should be noted that condom use cannot provide absolute protection against HIV. The surest way to avoid transmission of HIV is to abstain from sexual intercourse or to be in a long-term mutually monogamous relationship with a partner who has been tested and that you know is uninfected.

How Many People Have HIV/AIDS?

Age at Diagnosis (yrs)	Year of Diagnosis					Cumulative through
	2000	2001	2002	2003	2004	2004
<13	124	115	109	69	48	9443
13-14	60	79	71	58	60	959
15-24	1620	1617	1779	1965	2114	39100
25-34	9929	9497	9289	9279	9362	310046
35-44	16460	16151	16541	17054	16778	370163
45-54	8207	8600	9092	9774	10177	154513
55-64	2361	2387	2648	2783	3075	45672
>65	752	759	738	848	901	14410
Total	39513	39205	40267	41830	42515	944306

	Year of Diagnosis					Cumulative through
	2000	2001	2002	2003	2004	2004
Female adult or adolescent						
Injection drug use	3393	3175	3008	3068	3184	72651
Heterosexual contact	6785	6930	7181	7859	7979	99175
Other	237	243	240	257	279	6636
Subtotal	10415	10348	10429	11184	11442	178463

Map 1. Estimated rates for adults and adolescents living with HIV infection (not AIDS) or with AIDS (per 100,000 population), 2004—United States



Note. Rates adjusted for reporting delays. Rates of HIV infection include only persons living with HIV infection that has not progressed to AIDS. Since 2000, the following 35 areas have had laws or regulations requiring confidential name-based HIV infection reporting: Alabama, Alaska, Arizona, Arkansas, Colorado, Florida, Idaho, Indiana, Iowa, Kansas, Louisiana, Michigan, Minnesota, Mississippi, Missouri, Nebraska, Nevada, New Jersey, New Mexico, New York, North Carolina, North Dakota, Ohio, Oklahoma, South Carolina, South Dakota, Tennessee, Texas, Utah, Virginia, West Virginia, Wisconsin, Wyoming, Guam and the U.S. Virgin Islands.

*Includes persons whose area of residence is unknown.

Florida ranks #3 for adult HIV/AIDS cases and #2 for pediatric HIV/AIDS cases in the United States (not including U.S. territories).

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- ♦ Educating women about their health
- ♦ Encouraging women to act against disease

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Resources

PREVENT! Of Brevard Incorporated

725 Deleon Ave

Titusville, FL 32780-4115

(321) 383-5618

<http://www.preventofbrevardinc.net>

Centers of Disease Control and Prevention

CDC AIDS/STD hotline:

National AIDS Hotline: (800) 342-AIDS (2437)

National STD Hotline: (800) 227-8922

Spanish: (800) 344-7432

TTY: (800) 243-7889

www.cdc.gov

National HIV Testing Resources

<http://www.hivtest.org>